

What's new?



TENANTS NEWSLETTER

WINTER 2008, VOL. 6 NO. 4




The Mira Foundation : A Shining Light in the Lives of Handicapped People

The Mira Foundation is dedicated to increasing the autonomy of handicapped people and promoting their social integration by supplying them with dogs developed and trained to fulfil their needs. On Wednesday, December 3 and Thursday, December 4, volunteers will be asking for your donations on the ground floor of the Sun Life Building between 8:30 a.m. and 4:30 p.m. Let your heart be your guide: please give generously!

Sun Life Building Parking

Please take note that when you leave your keys with the parking attendant, you must get them back at the attendant's office, on level S1. However, once the garage is closed, after 6 p.m., you will need to go to the ground floor security office to claim your keys.

The Sun Life Building At Your Fingertips!

 Log on to the Sun Life Building's Web site. All the information you need is just a mouse click away:

www.sunlifebuilding.ca

IMPORTANT DATES TO REMEMBER

UNTIL FRIDAY, DEC. 12
Sun Youth's annual food drive

THURSDAY, DECEMBER 25
Merry Christmas!

WEDNESDAY, DEC.17
Carolling Victorian Quartet, from 11:45 a.m. to 2 p.m. on the ground floor

THURSDAY, JANUARY 1
Happy New Year!

SATURDAY, FEBRUARY 14
Happy Valentine's Day!

Dear Tenants,

Christmas is here! Yay! Once again, people are rushing to get their shopping done, so that they can enjoy this special time of the year...

Meanwhile, we're bombarded with headlines about crashing stock markets, drowning in the flood of bad news about the economy and crushed by the weight of the worldwide financial crisis...

And what if, this year, Christmas wasn't just a consumers' marathon? What if it transforms into a tribute to old friends, a celebration of sharing, an opportunity to rediscover solidarity... The sweet smell of

the meal we are about to share should always take precedence... In times of global crises, we should find a way to give meaning to our lives. Now is the time to extend a hand, and not just with your cheque book.

Open your door, step out, turn your face upwards and look at the stars... There's much more than crises around us!

Happy Holidays!

Nicole Bordeleau

Tenant Services Coordinator
Bentall LP

A Sun Life Holiday Tradition

On Wednesday, December 17, the Lobby will be the site of a lunchtime concert by a quartet of Victorian carollers Stop by between 11:45 a.m. and 1:45 p.m and take a trip back in time. Enjoy a little Christmas spirit as our carollers' voices convey all the joy of the season. Don't be surprised if you find yourself humming a jolly tune on your way back to work!

Safety At Home... ... and On the Road

The Holidays are great for get togethers. But you wouldn't want to demonstrate how quickly a Christmas tree can catch fire and how hot it burns, would you? So remember to keep watering your natural tree. Here's a tip: add a can of Sprite or ginger ale to the water to help prevent moisture loss. Keep an eye on your tree to avoid losing everything to a fire...

Daniel Brown, Security Supervisor
Bentall Real Estate Services

Ah, the festivities, the parties, the celebrations... I'll drink to that! But remember that drinking and driving don't mix. As a responsible host, make sure you don't let anyone get behind the wheel after enjoying a few libations. Nez Rouge volunteers will gladly — and safely — take your guests home (in Montréal: 514 256-2510 Rogers wireless subscribers, call *08; elsewhere in the province, log on to www.operationnezrouge.com). Or simply take the keys from your guests and offer them a room for the night. You can have a cup of coffee with them the next morning before they hit the road.

OUR MANAGEMENT TEAM IS THERE TO SERVE YOU

Please do not hesitate to contact us should you need help or information.

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514 393-9820

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Security

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Parking Garage

Vinci Park
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Make Your Work Life Greener

Do you think you leave a good carbon footprint at work?

You recycle, you commute by public transit and you turn off lights when you leave the room. Before resting on your green laurels, take stock of what happens when you get to work.

Is your work style planet friendly?

Reduce the Trail of Waste

From that first cup of coffee to the afternoon cinnamon bun, food habits at work can produce a noticeable amount of environmental baggage. Add up the typical output of a take-out lifestyle: 20 coffee cups (double for the additional afternoon fix), 20 polystyrene take-out containers, 20 sets of polystyrene forks and knives, 40+ napkins made from non-recycled content, 10 polystyrene soup or yogurt containers, 20 soda or water bottles...

Add to this list all the waste generated by take-out food over the course of a month... That's easily a full garbage bag of waste every month. Twelve bags of waste a year, just from work, and by one individual.

And even if the office recycles, not all food containers qualify for the green and blue bins. The waste could very well end up in a landfill. If the garbage is recyclable, you still added waste that takes more energy to convert the used container into something useful.

By bringing your lunch once or twice a week, you'll significantly cut down on the amount of work-related waste. For the other days that you buy lunch, have your own cutlery in your desk. Throw a cloth napkin in your briefcase or knapsack in the morning. And fill up a reusable water bottle or coffee mug — it's the environment-friendly way to quench your thirst!

Use Less Paper

Computers were supposed to cut down on paper, but everyone knows the opposite is true. We can print anything, so we do. It's a habit that has a simple, 3-step solution:

1. Consider if you really need to print at all. In some cases, records management policies ask that you keep printed records. If you're not bound by those rules, keep digital records that are backed up regularly.

2. And when you do have to print, use paper that has high-recycled content. And make double-side printing the default setting on all your office printers.

3. If you end up with single-sided drafts that you would otherwise discard, put them in a special bin by the printer. These can be used again for more drafts.

Turn it Off!

The easiest way to save energy is to turn electronic devices off when they're not in use. This includes monitors, CPUs, fax machines and printers.

Most office equipment sold today has the ability to switch into "sleep" or low-power mode if it is not being used. The energy savings can be significant, especially for large organizations. But letting your machine sleep is not the same as turning it off.

Make it a habit to shut down everything at the end of the workday. Encourage your office management to develop a policy on shutting off equipment in the evenings and on weekends.

SUGGESTIONS?
COMMENTS?
QUESTIONS?

WHAT'S NEW ? – NEXT ISSUE

If you would like to share information or make an announcement in our next issue, please contact us via email (nbordeleau@bentall.com), phone: 514 393-7725 or fax: 514 393-9820.